

HONOLULU, HAWAII, SATURDAY, APRIL 30, 1910.

UNCLE SAM'S OWN COOK BOOK

PARADISE PARAGRAPHS

BY WILL SABIN.

Honolulu's greatest blessing during the week was the burning of the Orpheum firetrap.

Inasmuch as no lives were lost there could have been no more providential fire.

Had the fire occurred when a play was on at the Orpheum and when the house was crowded, probably hundreds of lives would have been lost.

Any statement, official or otherwise, to the effect that the Orpheum was a safe resort has now been proven a falsehood.

The Orpheum theater fire may be a warning to some people in Honolulu who own firetraps. If it is not a warning, may they themselves be the only ones to suffer through their criminal negligence.

There has been some irresponsible whining because the city and county police have not caught the escaped negro murderer, Anderson Grace. The Territorial authorities allowed Anderson Grace to escape and it is certainly up to the Territorial officials to capture him.

A reward of \$150 for the capture of a desperate murderer is not worth consideration. If the Territory, which has to call on the city's detective force to chase a man the Territory allowed to escape, can't offer a reward, the Territory might as well admit that it does not want the murderer.

What few negroes are living in Honolulu cannot be expected to assist in the capture of Murderer Grace. On the contrary, they would probably help him to keep in hiding, for it will be remembered that when an American sailor shot and killed a negro in Honolulu the sailor was fined only one dollar.

The prohibition campaign and the booze campaign are about to meet on the field of the plebiscite.

July 26 is not far away. Doubtless the prohibition forces will do all possible to show up the evils of drink, to gain votes for prohibition. Doubtless the men in the liquor business will do all they can in an endeavor to show that they should be allowed to continue the traffic.

BBuBt has it ever occurred to you that there will likely be some remunerative jobs for a number of real, sincere, thorough "horrible examples" on the prohibition platform?

A "horrible example" is a drunken or almost drunken booze fighter who is brought upon the prohibition lecture stage in some towns, to urge the audience, by the very disgust naturally excited by a sight of him, to leave liquor alone.

There are a few choice "horrible examples" to be secured in Honolulu, without any outrageous effort, but when they realize that their exhibitions have a monetary value they are not likely to offer their alcoholic services for nothing.

We may soon expect some such advertisement as the following to appear in the Honolulu newspapers:

WANTED—Reliable gentleman of steady inebriate habits to appear in state of horrible intoxication at lecture on prohibition, to serve as warning to others. Apply at once, Anti-Booze, Box 41144.

There would probably be more than one answer, and a lively "example" could be secured in the event of enough money being forthcoming.

Some such business conversation might be supposed to occur between the applicant for the position of "horrible example" and the agent for prohibition, in answer to the ad.

"What will you take to be our 'horrible example' at the lecture tonight?"

"That depends. What kind of a drunk do you want me to wear?"

"What kinds have you in stock, and what do you charge?"

"Well, I have a select and somewhat comprehensive repertoire if I do say it myself. I could appear with a jolly jag for, say, \$10."

"Oh, that would never do. This is a serious matter. We mustn't get the audience laughing, you know."

"Then I can produce a very presentable and dignified confidential or talkative jag, for, say, \$15."

"Got something a little better?"

"Sure! I'll stage a moderate stinging jag for \$20 the night; or a quarrelsome jag for \$25; or a fighting jag for \$30, or a down-and-out, dead-drunk for \$50."

"What would you charge to start at the beginning and go the route?"

"Well, since it's you, and we're pretty good friends, I'll do it for \$100, providing the prohibition folks supply the booze."

"What! You want \$100 to do the combination and expect us to supply the intoxicating material into the bargain?"

"Of course! I'm a professional, I am! I can get a recommendation from any barkeep in Honolulu. Why, most of them have thrown me out of their places at one time or another."

"What's it going to cost to get you in condition to go through with your performance?"

"If you want a real swell show, I'll have to load up on champagne and benedictine, with a dash or so of absinthe."

"Horrible! Horrible!"

"Exactly, the more horrible the more expensive."

"Well, I think you'll do. You seem to take a pride in your work—sort of professional pride, I suppose. I'll engage you for the campaign. On Monday nights I will want you to develop a moderately disgraceful gin and dago red jag, for the benefit of our Kakaako friends. On Tuesday we lecture in Palama, where you will be expected to stage a fairly earnest beer and sandpaper jag. Wednesdays we will draw crowds in the downtown district, where you are to show up with a grand, illuminated, mixed cocktail 'bum' on, see? Thursdays you will be booked for the hotels or restaurants, where I'll see that possible converts are in attendance, and you must then do stunts with a stiff load of cognac, white wine, whiskey and cordials. On Fridays we'll perform on the waterfront, with a straight gin 'peach-erino.' Saturdays you must do an auto joy-ride through town and visit several prohibition lecture platforms, and you will lose your pay

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High Living At Low Cost

FROM U. S. DEPARTMENT OF AGRICULTURE'S FARMERS' BULLETIN 391, "ECONOMICAL USE OF MEAT IN THE HOME," BY C. F. LANGWORTHY, PH.D., EXPERT IN CHARGE OF NUTRITION INVESTIGATIONS, OFFICE OF EXPERIMENT STATIONS, AND CAROLINE S. HUNT, A. B., EXPERT IN NUTRITION, OFFICE OF EXPERIMENT STATIONS.

(CONTINUED.)
MEAT WITH BEANS.

Dry beans are very rich in protein, the percentage being fully as large as that in meat. Dry beans and other similar legumes are usually cooked in water, which they absorb, and so are diluted before serving; on the other hand, meats by the ordinary methods of cooking are usually deprived of some of the water originally present—facts which are often overlooked in discussing the matter. Nevertheless, when beans are served with meat the dish is almost as rich in protein as if it consisted entirely of meat.

Pork and beans is such a well-known dish that recipes are not needed. Some cooks use a piece of corned mutton or a piece of corned beef in place of salt or corned pork or bacon or use butter or olive oil in preparing this dish.

In the Southern States, where cowpeas are a common crop, they are cooked in the same way as dried beans. Cowpeas baked with salt pork or bacon make an excellent dish resembling pork and beans, but of distinctive flavor. Cowpeas boiled with ham or with bacon are also well-known and palatable dishes.

Recipes are here given for some less common meat and bean dishes.

Mexican Beef.

The Mexicans have a dish known as "Chili con carne" (meat with Chili pepper), the ingredients for which one would doubtless have difficulty in obtaining except in the southwestern United States. However, a good substitute for it may be made with the foods available in all parts of the country. The Mexican recipe is as follows:

Remove the seeds from two Chili peppers, soak the pods in a pint of warm water until they are soft, scrape the pulp from the skin and add to the water. Cut two pounds of beef into small pieces and brown in butter or drippings. Add a clove of garlic and the Chili water. Cook until the meat is tender, renewing the water if necessary. Thicken the sauce with flour. Serve with Mexican beans either mixed with the meat or used as a border.

In the absence of the Chili peppers, water and Cayenne pepper may be used, and onions may be substituted for garlic. For the Mexican beans red kidney beans either fresh or canned make a good substitute. If the canned beans are used they should be drained and heated in a little savory fat or butter. The liquid may be added to the meat while it is cooking. If the dried beans are used they should be soaked until soft, then cooked in water until tender and rather dry, a little butter or dripping and salt being used for seasoning or gravy. White or dried Lima beans may be used in a similar way.

Harricot of Mutton.

Two tablespoonfuls of chopped onions, 2 tablespoonfuls of butter or drippings, 2 cups of water, and salt and pepper; 1 1-2 pounds of lean mutton or lamb cut into 2 inch pieces.

Fry the onions in the butter, add the meat and brown, cover with water and cook until the meat is tender. Serve with a border of Lima beans, seasoned with salt, pepper, butter and a little chopped parsley. Fresh, canned, dried or evaporated Lima beans may be used in making this dish.

Roast Pork with Cowpeas.

For this dish a leg of young pork should be selected. With a sharp knife make a deep cut in the knuckle and fill the opening with sage, pepper, salt, and chopped onion. When the roast is half done scar the skin, but do not cut deeper than the outer rind. When the meat is nearly cooked pour off the excess of fat and add a quart of white cowpeas which have been previously parboiled or "hulled" and cook slowly until quite done and the meat is brown. Apple sauce may be served with this dish.

MEAT SALADS.

Whether meat salads are economical or not depends upon the way in which the materials are utilized. If in chicken salad, for example, only the white meat of chickens especially bought for the purpose and only the inside stems of expensive celery are used, it can hardly be cheaper than plain chicken. But, if portions of meat left over from a previous serving are mixed with celery grown at home, they certainly make an economical dish, and one very acceptable to most persons. Cold roast pork or tender veal—in fact, any white meat can be utilized in this way. Apples cut into cubes may be substituted for part of the celery; many cooks consider that with the apple the salad takes the dressing better than with the celery alone. Many also prefer to marinate (i. e., mix with a little oil and vinegar) the meat and celery or celery and apples before putting in the final dressing, which may be either mayonnaise or a good boiled dressing.

MEAT WITH EGGS.

Occasionally eggs are combined with meat, making very nutritious dishes. Whether this is an economy or not of course depends on the comparative cost of eggs and meat.

In general it may be said that eggs are cheaper food than meat when a dozen costs less than 1 1-2 pounds of meat, for a dozen eggs weighs about 1 1-2 pounds, and the proportions of protein and fat which they contain are not far different from the proportions of these nutrients in the average cut of meat. When eggs are 30 cents a dozen they compare favorably with round of beef at 20 cents a pound.

Such common dishes as ham and eggs, bacon or salt pork and eggs, and omelette with minced ham or other meat are familiar to all cooks.

Roast Beef with Yorkshire Pudding.

The beef is roasted as usual and the pudding made as follows: Yorkshire Pudding—3 eggs, 1 pint milk, 1 cupful flour, 1 teaspoonful salt.

Beat the eggs until very light, then add the milk. Pour the mix-

Town Talk

BY
THE MAN
AROUND
TOWN

It is hard to say whether Fort street talks louder in dry weather or in wet, in arguing for the laying of permanent pavements throughout the business section of Honolulu. As the principal retail street still, old Fort has the most right to talk. Also as at present the most foul and ragged thoroughfare in the city center, it surely has the greatest occasion for eloquence. Stretching from sea to mountain, in the fore part of its length, that part over which strangers are compelled to travel, it witnesses against the reputation for advancement and progress of the entire burg. In dry spells it pours its plaint in the form of filthy dust into the stores and down the throats, upon the apparel and into the eyes and ears of all people who go its way and return again. When rain falls it becomes a bog for all manner of vehicles, while its material, turned to vile and viscous mortar, is tracked into stores and offices, stairs and elevators, cars and carriages and dwellings, doing damage and committing nuisance everywhere. Fort street is the proper object on which to make a beginning of modern pavement for Honolulu. Whether it will be done under the contract now being contested in the courts, or under some other arrangement, it must be done and the people of Honolulu should to the last person insist that the material and the work be the best available and the most economical for the quality in both these respects. If there is any fool law that prevents the taxpayers of Honolulu from suiting themselves to the best of what is going for their money it will be up to the legislators at the next session to repeal that law. Without tying the hands of the municipality with bonds of absolute compliance to the tender and contract system, there is yet law enough to prevent an improvident or anywise outrageous contract.

For some time before the Orpheum fire, I had been sizing up the chances of serious results in the places of amusement in this town, in just such an event when any of them were filled with people. Of the Orpheum I was never without apprehension, for although the exits were ample in width, they presented an unduly great distance to travel, with highly inflammable material on either side, from the tinderbox stage and auditorium to the open air. The probabilities made strongly for a horror in the event of a panic, when some persons would almost certainly stumble or be thrown down in the rush and become the bottom of a heap of struggling humanity crazed with the instinct of self-preservation. Regarding the popular moving picture shows it was reassuring to note that Chief Engineer Thurston of the fire department, in his capacity of fire marshal, had insisted on practically every recognized precaution, such as having the mechanism placed within metallic casings, the aisles kept clear to all exits, and all unnecessary impediments to the free movement of patrons eliminated. One of the places has fireproof walls and floors, another is walled with corrugated iron, a third is merely a high-fenced enclosure with a roof set upon posts over the best seats, a fourth is much like the first in conditions of safety, and the main exits of all open almost immediately upon the streets. There are several other places more or less well patronized with which I am not familiar, but I understand that all are made subject to definite rules imposed by the fire marshal. But no matter how safe, according to standards, any place of assembly may be from sudden overwhelming by flames, there is always present some risk of life and limb from the stampeding of people in panic. There is one prime safeguard against this danger, and that is the exercise of self-control by people individually and in the mass. The fire drill in schools is most useful to this end and should be practiced in all schools as an item of education in self-control and command of emergencies. A jail sentence should await anyone who wantonly raises an alarm of fire in a public assembly. Every man and woman should equip themselves with a stock of common sense of a kind to enable them to keep cool at the first blush of a panic. One such person will often be able alone to prevent a stampede.

If you want an atlas with an addendum relating to Hawaii, to show you that these islands are really a part of the world, and nobody in Honolulu is prepared to furnish you with such a work, there is no law on the statute books which I know of to prevent your subscribing for an atlas of the kind mentioned, to be furnished by a man from California. That is, if you want the book, and you can afford it. And don't pay for the book until you get it—you will have to pay for it then if you have put your name down for it without conditions. If you had paused to think for a moment, however, before subscribing for a Hawaiian work of reference to be produced by a stranger who was not going to be in the country long enough to pronounce aloha, or subsidizing with your business advertisement a catchpenny publication vaguely promised to be left lying around here and there upon routes of travel, you might not have done it. Possibly, though, the book may equal or exceed all the promises made for it, and then you will have the satisfaction of blowing that you know how to size up a man or a scheme. Still it is a risk, and besides the money the atlas costs you would buy more Hawaiian information, rigged up at home, from any of the local booksellers.

What like the Russians loading here are is an apt illustration of the result of ages of despotic rule. They are the kind of people which will be developed in Hawaii from government by commission if such a calamity should ever befall the country.

No vehicle of aviation has yet been invented which will suit the conditions of Hawaii. There is very little land here and quite a sight of water. The few ordinary balloonists who have performed here met little but disaster, one fine fellow forfeiting his life to his daring. So far as accounts up to date go, there is nothing that flies on bladder or wing today which can weather an ordinary breeze for any considerable distance or time. Talk about aerial locomotion where trade winds and ungauged upper air currents almost perpetually prevail is idle. Aviation as a practical means of transportation will be only a wild dream until either balloons or dirigibles can do more than two or three hundred miles without resting in any weather, and besides have some way of keeping themselves aloft in air or upon water, in the event of a breakdown, until repaired or rescued.

ture over the flour, add the salt, and beat well. Bake in hissing hot gem pans or in an ordinary baking pan for forty-five minutes, and baste with drippings from the beef. If gem pans are used they should be placed on a dripping pan to protect the floor of the oven from the fat. Many cooks prefer to bake Yorkshire pudding in the pan with the meat; in this case the roast should be placed on a rack and the pudding batter poured on the pan under it.

(To be continued.)